



BULL'S EYE THE ISSF IPOD ON DOPING

ADeL

ANTI-DOPING E-LEARNING EXPERIENCES FOR ALL ISSF STAKEHOLDERS

THE CORNERSTONE OF THE ISSF'S APPROACH TO ETHICAL DRUG-FREE SPORT IS ITS RESPONSIBILITY TO EDUCATE ALL SHOOTING ATHLETES AND THEIR SUPPORT PERSONNEL ABOUT THEIR RIGHTS AND RESPONSIBILITIES.

The ISSF's ongoing goal is to deter athletes from using drugs, notably performance enhancing ones, to detect unhealthy practices and to promote a clean sport environment for athletes, coaches and support personnel. To reach this goal, there also is an ongoing need to educate all these stakeholders about their responsibilities, the importance of their health and well-being, the avoidance of inadvertent anti-doping violations and fair-play.

In order to assist the ISSF, and the rest of the sporting world, in the achievement of this goal, WADA has created ADeL. It is WADA's new online antidoping e-learning platform: **The Anti-Doping e-Learning platform (ADeL).**



ADeL is a consolidation of all WADA e-learning programs. There is more content than previously featured on the WADA website and it is tailored for users to determine what they need education-wise based on

their role, their current knowledge and their respective experience. It is meant to be functional, mobile-friendly and responsive.

ADeL offers access to all topics related to clean sport and anti-doping. It offers courses for athletes, coaches, doctors, administrators, parents and anyone interested in learning more about anti-doping and protecting the values of clean sport

BACKGROUND AND PURPOSE

Because education is a cornerstone of the World Anti-Doping Code, WADA's role is to oversee all its Signatories' compliance to their respective roles and responsibilities with regards to education. In carrying out this vital role, WADA provides Anti Doping Organisations like the ISSF partnership assistance and guidance to develop their education programs. The creation and enhancement of an extensive e-learning platform also dovetails into this role.

E-learning is useful because it allows WADA and all Anti-Doping Organisations to reach a wider base of athletes, coaches and support personnel. Indeed, it is quite difficult and complex for the ISSF to implement a meaningful education program when facing the challenge of reaching individuals everywhere in the world and communicating in their respective language. ADeL is translated into many languages and is meant to offer a long-term e-learning educational platform that can be further developed over time. Implementing ADeL consequently enables ISSF to have a more a direct, wide-ranging and lasting impact on its athletes, coaches and support personnel.

The ISSF currently runs a Code -compliant education program and offers a variety of information on its website including URL links to a variety of educational materials. Therefore, the ISSF's recommended use of

ADeL is meant to supplement the ISSF'S current educational initiatives and to support the ISSF's existing education program. The objective is for all the information and tutorials made available in ADeL for athletes, coaches, athlete support personnel and medical staff to support the ISSF's education program and more importantly to strengthen all ISSF stakeholders' anti-doping knowledge.

The ISSF's approach and pledge to ethical sport is thereby fulfilled by providing all shooting athletes and their support personnel a more extensive educational tool to better enable them to learn about their respective rights and responsibilities.

KEY FEATURES

You will notice that when you first you go to the ADeL Homepage, you are asked to sign in either as a first time use or a return user. This is quite useful because you can come back and finish your tutorials, start a new one or look for and find additional WADA educational resources at any point in time without losing the work already completed.

Navigating ADeL is quite simple once you sign up or in. From that point, there are a variety of very useful administrative tools:

- The "Library" tablet at the top gives you access to all roles and all courses that are available in a variety of languages.
- The "Achievement" table lets you to keep track of your progress. And once a course is successfully completed, it awards certificates to users.
- "User Administration" tab allows the ISSF the ability to track its athletes or coaches progress.
- "Country Stats" grants the ISSF the ability to see how many subscriptions and users exists in various countries and what courses this category of subscriber has passed.

VARIOUS MODULES

ADeL currently includes the following modules:



ALPHA

ALPHA gives athletes information about the dangers of doping and the importance of anti-doping controls. The tool shifts the focus from what athletes are not allowed to do, to offering solutions for clean progression in sport. In so doing, ALPHA promotes everything from positive attitudes to the avoidance doping. The different tutorials and topics covered in ALPHA include facts about the doping control process, whereabouts, TUEs, results management, medical reasons to stay clean, ethical reasons to stay clean, practical help to stay clean and how to deal with pressure, among others.

By completing the Athlete Learning Program about Health & Anti-Doping (where the acronym ALPHA comes from) athletes will:

- Learn the essential facts about the anti-doping processes;
- Get the opportunity to rethink their approach to sport, training and performances;
- Be given tips to reach their goals as clean athletes.



COACH TRUE

CoachTrue is available in six different languages and provides anti-doping education for coaches of recreational-level to elite athletes. It has different modules covering all anti-doping processes, including results management, whereabouts and TUEs, tutorials on accountability, decision making and health consequences, scenario-based activities and quizzes.

Notably, because international-level athlete coaches are expected to understand all anti-doping policies and provide their athletes with guidance that will keep them in compliance with these same anti-doping policies, Coach

True Elite helps them achieve this with a curriculum that covers the letter of the law as well as the moral and ethical standards that govern it. And, because elite coaches often coach athletes who are in a Registered Testing Pool (RTP), Coach True provides clarifications on the rules that apply to all RTP athletes, what constitutes doping and what roles and responsibilities all coaches have as leaders.



SPORT PHYSICIAN'S TOOL KIT ONLINE

Sport Physician's Tool Kit (online) is a streamlined version of WADA's paper-based physician tool kit that allows physicians and other medical personnel to take the course electronically. In addition to covering anti-doping modules specific to sports physicians, it also offers three modules covering major games topics that were created in collaboration with the IOC. The material contained in the Sport Physician's Tool Kit is intended to help sport physicians develop anti-doping education programs that can be adapted and customized to suit local cultures, conditions and resources.

The Sports Physician's Toolkit module includes tutorials and topics such as, doping and sports medicine ethics, the doping control process, introduction to gene doping, identifying and prescribing prohibited drugs, the Athlete Biological Passport and the IOC needle policy. At the end of this Module physicians are given a quiz containing 10 multiple choice questions that allows all them to test their knowledge.



PARENTS' GUIDE TO SUPPORT CLEAN SPORT

The Parents' Guide to Support Clean Sport is an anti-doping reference guide/booklet for parents seeking more information to ensure the healthy athletic development of their

children and to assist in preventing their use of prohibited substances. This resource is relevant to parents of all levels of athletes, from beginner to elite.



PLAY TRUE CHALLENGE

This is an online game that challenges youth decision-making skills regarding doping in sport. (Targets youth under 19)

Because the ISSF believes that reaching athletes at the development stages of their careers is of the utmost importance, it is considering making the Play True Challenge mandatory for all Junior athletes who are making the progression to competing in open ISSF events. This will be a fun, interactive and effective way of educating all ISSF's elite athletes of the future.

REGISTER!

The ISSF acknowledges the importance of education in the prevention of doping and understands the need to have a balanced investment in terms of time and resources for detection, deterrence and values-based education.

Accordingly, the ISSF encourages all IPOD readers, all athletes, all coaches, all parents, all support personnel and all sports physician personnel to register on ADeL and to follow tutorials to learn more about positive anti-doping practices, ranging from detection to deterrence, and to increase to their anti-doping knowledge.

Remember that we all have a positive role to play in preventing the use and abuse of drugs and prohibited substances in Shooting Sport, but more importantly, we all have a role to play in keeping our athletes healthy and our sport clean and fair.

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